



## Cool Down

### Introduction

After practices, competitions and conditioning sessions, the body needs to return to a state of rest. Cool-down activities are performed to aid in this process. These activities need to be relaxing, which include deep full breaths. Stretching during this period will be in the form of Static Stretching, which includes:

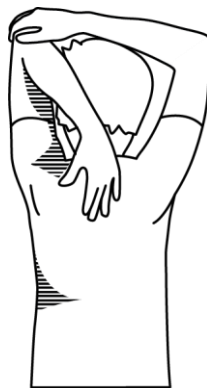
### Toe Touches

Bend over and attempt to touch the floor or toes. Maintain a slight bend in the knees. Repeat with the legs separated to stretch out the inner thigh muscles.



### Triceps Stretch

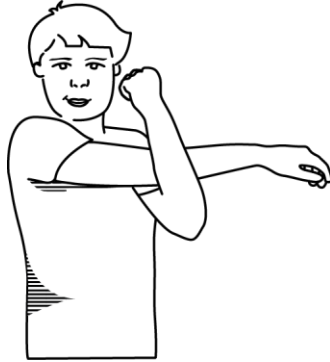
Lift elbow of one arm overhead (with elbow bent so the hand is behind the back). Grasp elbow with opposite hand and gently push back toward middle of head. Repeat with other arm.





### Shoulder Stretch

Take arm across the body and apply pressure with opposite hand. Repeat with other arm.



### Wrist Flexor Stretch

Extend arm with palm facing down then bend up at the wrist. Grasp fingers with opposite hand and pull toward body. Repeat with other hand.



### Wrist Extensor Stretch

Extend arm with palm facing down then bend down at the wrist. Grasp fingers with opposite hand and pull toward body. Repeat with other hand.

